

Girls on the Run Utah

Youthlinec Volunteer Opportunities

Cache, Davis, Salt Lake, Summit, Utah, Wasatch & Weber Counties
 Spring 2017 Session | February 20 – May 20, 2017
 Volunteer Opportunities Beginning January 2017



Ways to get involved!

Mentor & Inspire girls as a Junior Coach | **Run & Encourage** as Buddy for our 5k
Help with coach training, 5k and events | **Provide support** to our staff

How To Contribute 40+ hours to Girls on the Run:

Volunteer Application & Online Training

1 hour

In Person Training (select location)

5 hours

January 28 | 9am – 2pm | Coach & Volunteer Training | University of Utah

February 4 | 8am – 2pm | Coach & Volunteer Training | doTerra (Utah Cty)

February 11 | 9am – 2pm | Coach & Volunteer Training | University of Utah

Team Practice Preparations 12 weeks x 1 hour

12 hours

Team Practice at Site 12 weeks x 2.5 hours

30 hours

5k Celebration | May 20 | Sugarhouse Park

4 hours

TOTAL

52 hours



Additional Ways To Contribute | Acquire Hours:

Coach Training Help (at those you are not being trained at)

12 hours

January 21 | 10am – 2pm Coach Box & Session Preparations

4 hours

Granato's | 1391 South 300 West, Salt Lake City

Volunteers will help fill coach boxes with supplies, sort team shirts and finish organizing supplies.

January 27 | 2pm – 6pm | Coach Training Set-Up

4 hours

Granato's | 1391 South 300 West, SLC & University of Utah HPER North 217 Building

Volunteers will help load the coach training and team supplies at Granato's and transport items to the UofU. Unload and help set-up training facility.

March 11 | 10am – 2pm | Program Gear Swap & Workday

4 hours

Granato's | 1391 South 300 West, Salt Lake City

Volunteers will help staff with collecting supplies for coaches during our annual gear swap and help inventory supplies for 5k.

May 6 | 10am – 2pm | 5k Team Boxes

4 hours

Granato's | 1391 South 300 West, Salt Lake City

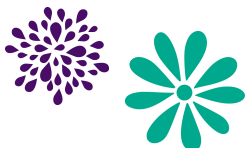
Volunteers will help fill team boxes with supplies, race bibs and shirts.

TOTAL

28 hours

COMBINED TOTAL

80 hours



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